



# Bengal Beef Curry with Rice & Veggies

**FRESH & FAST**

Box to plate: 15 mins

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 3377kJ (807Cal) | Protein 50.2g | Fat, total 40.9g - saturated 25.9g | Carbohydrate 55.4g - sugars 12.2g | Sodium 1406mg  
**Naturally gluten-free** (Not suitable for coeliacs)

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# Get ready

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You'll need

(along with the basics)



Large Frying Pan



Microwave

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

	2P	4P
Beef Strips	1 pkt	1 pkt
Bengal Curry Paste	1 sachet (100g)	2 sachets (200g)

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

### 1. Fry



Baby Broccoli



Capsicum

### 2. Sizzle



Beef Strips



Bengal Curry Paste



Coconut Cream

### 3. Zap



Microwaveable Basmati Rice



Coriander



Crushed Peanuts

- Chop **baby broccoli**
- Slice **capsicum**
- Heat **olive oil** in frying pan over high heat
- Cook **veggies** with a **good splash** of **water**, tossing, until tender, **4-5 mins**
- **Season.** Transfer to a bowl

- Return pan to high heat with **olive oil**
- Add **beef** and cook, tossing, until browned, **1-2 mins**
- Add **curry paste** and cook until fragrant, **1-2 mins**
- Add **coconut cream** and simmer until slightly thickened, **1 min**
- Add **veggies** and toss

- Zap **rice** in microwave until steaming, **2-3 mins**
- Roughly chop **coriander**
- Plate up **rice** and **curry**
- Top with **coriander** and **peanuts**

